

1. *Abstract* The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological health of elderly people. The study was conducted in a community center in Tehran, Iran. The participants were 30 elderly people (15 men and 15 women) aged 65 and above. They were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program consisting of aerobic exercises, strength training, and flexibility exercises. The control group did not participate in any training program. The data were collected at the beginning and at the end of the 12-week period. The results showed that the experimental group had significantly higher levels of physical fitness and lower levels of psychological stress compared to the control group at the end of the 12-week period. The findings suggest that a 12-week training program can improve the physical and psychological health of elderly people.